



FIRST YEAR EXPERIENCE (FND)

FND 106 First Year Exp & Health Living (2 Credits)

This course is designed to promote a successful college experience and a healthy lifestyle. Emphasis is placed on realistic, practical guidance ranging from study skills to personal health, from test taking to managing time and money, and from self-awareness to career exploration.

Course participants will have the opportunity to engage in a balance of classroom activities, guest speakers, and physical activities, integrated with Native American culture.